

November is Epilepsy Awareness Month

#StaySafeSide

In recognition of National Epilepsy Awareness Month, the Epilepsy Foundation has introduced a new nationwide campaign to promote seizure first aid. Called #StaySafeSide, the campaign offers the following tips:

- STAY with the person and start timing the seizure.
- Keep the person SAFE by moving them away from harmful objects or away from water (such as a swimming pool).
- Place the person on their SIDE if they are not awake or are convulsing.
- Make sure their airway isn't blocked; place something soft under their head and loosen any tight clothing around their neck.
- Remove any items from their mouth. Don't give them water, pills or food until the person is fully awake.
- Stay with them until they are awake and alert.
- Most seizures end in a few minutes. Call 911 if the seizure lasts for 5 minutes or longer.

Source: www.Epilepsy.com